

Tools  
designed  
for you

**Secure Messaging**

Communicate non-urgent concerns or questions to your VA health care team.

**VA Prescription Refills**

Refill your VA medication(s) with just a few easy keystrokes and your medication(s) will be on their way to your mailing address.

**VA Appointments**

View, schedule, and manage your VA clinic appointments.

**VA Notes**

View a copy of your VA Notes recorded during a clinic visit or hospital stay. This information comes from your official VA health record.

**VA Labs & Tests**

View detailed results of your VA labs and tests.

**Medical Libraries**

My HealtheVet provides two extensive, online medical libraries: MedlinePlus and the Veterans Health Library. Both can be accessed under the Research Health tab.

**VA Blue Button**

View, print, or download your personal health information with the VA Blue Button. Available via the Blue Button Medical Reports link on the home page.

**My HealtheVet:**  
[www.myhealth.va.gov](http://www.myhealth.va.gov)

**VA Main Website:**  
[www.va.gov](http://www.va.gov)

My HealtheVet Help Desk  
Toll-Free Telephone Number:  
(877) 327-0022



**VA**  
HEALTH  
CARE | Defining  
**EXCELLENCE**  
in the 21st Century

**Your Local My HealtheVet Coordinator:**

**Paula Newsome-Williams, MA, BS**  
(520) 792-1450 ext 1-6889  
[paula.newsome-williams@va.gov](mailto:paula.newsome-williams@va.gov)



**Your VA Personal  
Health Record:  
Take Control of Your  
Health and Wellness**



# What is My HealtheVet?



My HealtheVet is VA's Personal Health Record (PHR). Its web-based resources and tools offer you greater control over your care and wellness. Using My HealtheVet can empower you to make informed decisions and become an active partner in your health care.

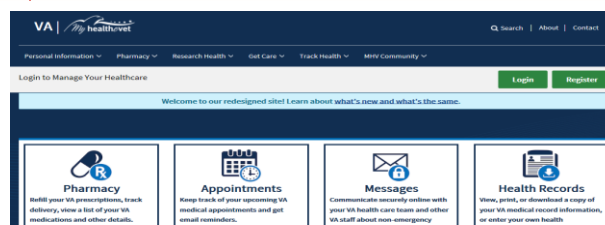
## What can you do?

1. Use the VA Blue Button to print, save, or download your personal health information
2. If you are a Veteran who uses the VA health care system, you can access portions of your VA health records online, 24/7
3. Refill your VA prescription(s)
4. View your VA Appointments and VA lab results at your convenience
5. Use Secure Messaging to communicate non-urgent matters with your health care teams
6. **Access many more features, tools, and resources** by going to My HealtheVet at [www.myhealth.va.gov](http://www.myhealth.va.gov)

## Start here

1

Type [www.myhealth.va.gov](http://www.myhealth.va.gov) in the address bar on your web browser, and then press [Enter](#). This takes you to VA's **My HealtheVet** website.



2

On the right-hand side, click Register.

Register

3

Enter your information on the registration page. Read and accept the [Terms & Conditions](#) for using the website and then click the [Create Your Account](#) button.

☐ Accept\* [My HealtheVet Terms and Conditions](#)

Create Your Account

Cancel

4

Log into your **My HealtheVet** account and explore your **Personal Health Record**. That's it!

**Login to My HealtheVet**  
or [create an account](#)

My HealtheVet User ID

My HealtheVet Password

By clicking on the Login button below, you are agreeing with the System Use Warning Notice.

Login

## Log on

**Your health care team can't be with you all the time.** My HealtheVet provides you trusted health information 24/7. Having this information at your fingertips, when you need it, can help you make informed decisions about your overall health and wellness.

My HealtheVet offers a wealth of unique features such as:

- The ability to communicate, online, with your VA health care team through Secure Messaging
- The option to share your personal health information via the VA Blue Button
- The opportunity to read your health care teams' notes from appointments and hospital stays with VA Notes

PLUS... many other features available at your convenience!

**You should upgrade your account to Premium\* as soon as possible after you register. The Premium account will give you access to appointment and immunization info, lab results, progress notes, radiology reports and images, and much more. You will also be able to use Secure Messaging for online communication with your VA health care teams.**

*\* Upgrade requires identity verification/authentication, which can be completed either in-person or by scheduling a short video appointment. For more information, contact your local My HealtheVet coordinator (see info on back).*